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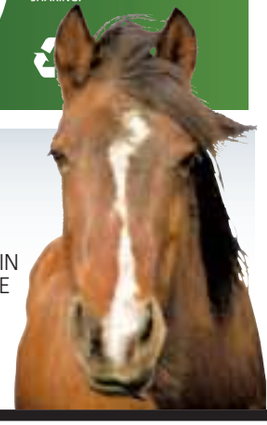
Fido, without the walks

Taxidermist painstakingly preserves the family pet. It's the least a best friend can do PAGE 8

HOGWASH? NO, HORSEMEAT

TABOOS AROUND EATING HORSES MAY BE SOFTENING IN CANADA,WITH MANY PEOPLE SEARCHING FOR RECIPES ONLINE PAGES 6 & 7



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Local blogger and historian Christian Cassidy went through the history of the Arlington Street Bridge at the structure's base Sunday afternoon. SHANE GIBSON/METRO

Curtain call for Arlington Street Bridge?

Spanning history. Local historian gives 'random act of heritage' at foot of controversial 101-year-old bridge

SHANE GIBSON
shane.gibson@metronews.ca

While the City of Winnipeg looks at what is next for the aging Arlington Street Bridge, a local history buff and blogger took a handful of Winnipeggers through the bridge's history Sunday afternoon.

Christian Cassidy, who writes about local history for the West End Dumplings blog and did a four-part series about the bridge on the site last year, led the lesson. They started at the north base of the span and ended at the middle looking over the Canadian Pacific Railway yards.

"It's a bit of history, because it turned 100 last year, but it's also about its future, because it's going to be a debate … while the city decides what to do with it," explained Cassidy of the event he called a "random act of heritage."

Quoted

"I'd like to see it kept as a pedestrian link."

Blogger Christian Cassidy, on what he'd like to see done with the Arlington Street Bridge if it's closed to traffic.

Cassidy said calls for the bridge's demise are nothing new for the structure, which opened February 1912, and has been controversial ever since.

"It has been called on to be torn down many times and yet it's managed to pretty well out-survive almost every other bridge that was built around the same time," laughed Cassidy, noting problems with corrosion began almost immediately because of the smoke from locomotives.

"In 1946 was the first time somebody said, 'We got to close this bridge' … and it's still here 60 years later."

To find out more about the bridge, check out Cassidy's blog at westenddumplings.blogspot.ca.

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KIDS SAY THE DARNDEST THINGS

WHAT'S GOOD
Ace Burpee

This February I was invited to countless elementary schools to read kids stories and encourage reading as part of I Love to Read Month activities. It's easily the best month of my year, and with it comes good news. Kids, despite what you may think, are exactly the same as they always were.

Kids still find the same things funny. Point out that the pig in the story you are reading them has a really big butt and you will bring the house down. They lose it. Classic. My last name alone is apparently still the funniest thing in the world. Combining "burp" and "pee" was comedy gold when I was in Grade 3, and it still delivers.

Kids still blurt out the craziest things in the world. They have zero filter, from the kid who put up his hand and told the entire class, "My dad goes to work to make money so he can buy beer" to the child who pointed out, "My mommy said she kissed you once and she didn't like it and now she's married to my dad."

Finally, the question "Any questions?" when posed to a large group of kids still apparently means, "Put up your hand and make random statements." It will never get old. "One time my hamster died and my dad was going to bury it, but he dropped it and then the dog ate it and puked all over the place."

A huge thank you to all the schools who invited me to read. I appreciate it.

ACE BURPEE IS A LOCAL RADIO HOST, PRODUCER, WRITER AND SUPPORTER OF ALL THINGS GOOD.

Sorry, not in service

Several people were hurt and one person was left unconscious after a bus collided with a truck Sunday evening. Local photographer Howard Wong said a Winnipeg Transit bus was heading northbound on London Street when a truck travelling east on Kimberly Avenue took the turn wide, hitting the bus. HOWARD WONG/FOR METRO

Crime. Manslaughter charge laid in death at 'Murder Mansion'

Winnipeg police have made an arrest in the case of a man found dead at a notorious West End home known as "Murder Mansion."

Robert Steward Maier, 38, of Winnipeg, is facing a manslaughter charge in the death of 54-year-old Ronald Harold McKinnon.

McKinnon was found dead in a room at the three-storey rooming house at 624 Balmoral St. around 4:30 p.m. on Tuesday.

Police spokesman Const. Eric Hofley said investigators believe several residents of the rooming house, including the victim and the accused, were partying in a suite Monday evening when a fight took place.

McKinnon is believed to have returned to his suite with the help of other residents and was left alone.

"He was located the next day, deceased," said Hofley, adding no weapons were used on the victim.

"An autopsy has revealed that the victim died as a result of the injuries sustained during the assault."

BERNICE PONTANILLA/METRO

Fire clears tax centre

Taxes, but no death. Workers on weekend shift evacuated from Canada Revenue Agency office

Canada Revenue Agency employees are facing a backlog of extra work on Monday after a fire at the regional tax centre in Winnipeg forced a weekend shift to evacuate.

Firefighters said they were called to the tax centre on Saturday morning.

Revenue agency spokesman Kevin Lloyd said about 85 people were in the building processing tax returns.

He said the fire was sparked by contractors who were working at the front entrance and that the flames spread underneath the floor.

Smoke filled the building, but little damage was done and everyone got out safely.

Lloyd said no tax records were damaged but workers wouldn't be returning to the building until Monday.

"As you can imagine, we're getting busier this time of year. It's tax-filing season so it's not unusual to have staff that would be working on the weekend," Lloyd said.

The centre handles individual and business returns for Alberta, northern Saskatchewan, Manitoba and large parts of southern Ontario.

Lloyd said the next scheduled shift would have come in Sunday night.

Despite the interruption, Lloyd assured that there would be no delays in the processing of returns.

"Everyone's information is secure, but there's two or three hours of lost productivity because of the smoke that was a result of the fire," he said.

THE CANADIAN PRESS

Firefighters exit the Canada Revenue Agency's tax centre in Winnipeg after a Saturday fire forced employees to evacuate. HOWARD WONG/FOR METRO

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Brooklyn. Expectant parents die in car crash – but unborn baby survives

A pregnant woman who was feeling ill was headed to hospital with her husband early on Sunday when their car was hit, killing them both — but their baby boy was born prematurely and survived, authorities and a relative said.

The driver of a BMW slammed into the car carrying Nachman and Raizy Glauber, both 21, at an intersection in the Williamsburg neighbourhood of Brooklyn, said Isaac Abraham, a neighbour of Raizy's parents.

Raizy was thrown from the car, and her body landed under a parked tractor-trailer, witnesses said. Nachman was pinned in the car, and emergency workers had to cut off the roof to get him out.

Both were pronounced dead of blunt-force trauma at hospital, according to the medical examiner.

Their infant son was in serious condition, Abraham said. The hospital did not return calls about the child, but police said the Glaubers' driver was in stable condition. The driver of the BMW and a passenger fled and were being sought by police.

A crowd gathers for funeral services. VERENA DOBNIK/THE ASSOCIATED PRESS

The Glaubers were married about a year ago and had begun a life together in Williamsburg, where Raizy grew up in a prominent Satmar Orthodox Jewish rabbinical family, said Sara Glauber, Nachman's cousin.

Hours after their deaths, the Glaubers were mourned at a funeral on Sunday afternoon. THE ASSOCIATED PRESS

Baby may be second person cured of AIDS

Mississippi. Aggressive treatment just after birth left child healthy a year off medication

A baby born with AIDS appears to have been cured, scientists announced on Sunday. The child from Mississippi is now two and a half and has been off medication for about a year with no signs of infection.

There's no guarantee the child will remain healthy, although testing uncovered just traces of the virus's genetic material still lingering. If so, it would mark only the world's second reported cure.

A doctor gave this baby faster and stronger treatment than usual, starting a three-drug infusion within 30 hours of birth. That was before tests confirmed the infant was infected and not just at risk from a mother whose HIV wasn't diagnosed until she was in labour.

Dr. Deborah Persaud is the lead investigator into the cure's success. JOHNS HOPKINS MEDICINE/THE ASSOCIATED PRESS

The fast action apparently knocked out HIV in the baby's blood before it could form hideouts in the body. Those so-called reservoirs of dormant cells usually reinfect anyone who stops medication, said Dr. Deborah Persaud of Johns Hopkins Children's Center. She led the investigation that deemed the child "functionally cured." THE ASSOCIATED PRESS

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Seffner, Fla. Heirlooms recovered from family home ruined by sinkhole

Crews on Sunday razed more than half of the Tampa-area home perched over a huge sinkhole that swallowed a man three days ago, managing to salvage some keepsakes for family members who lived there.

The house had been owned by Leland Wicker since the 1970s.

The operator of the heavy equipment worked gingerly. Family belongings were scooped onto the lawn in hopes of salvaging parts of the family's 40-year history in the home.

As of Sunday afternoon — when demolition had stopped for the day and only a few walls of the home remained — a Bible, family photos, a jewelry box and a pink teddy bear were among the items saved. Firefighters were also able to unearth a purse.

Wanda Carter, daughter of Leland Wicker, cradled the large family Bible in her arms. She said her mother and father had stored baptism certificates, cards and photos between the pages of that Bible over the years.

Hillsborough County administrator Mike Merrill said the remaining walls of the house would be knocked down on Monday. THE ASSOCIATED PRESS

Jeremy Bush, right, prays by his former home. CHRIS O'MEARA/THE ASSOCIATED PRESS

Gastroenteritis

Queen Elizabeth hospitalized for first time in years

Britain's Queen Elizabeth II was hospitalized on Sunday over an apparent stomach infection that has ailed her for days, a rare instance of ill health sidelining the long-reigning monarch.

Elizabeth will have to cancel a visit to Rome and other engagements as she recovers, and outside experts said she may have to be rehydrated intravenously.

Buckingham Palace said the 86-year-old queen had experienced symptoms of gastroenteritis and was being examined at London's King Edward VII Hospital — the first time in a decade that Elizabeth has been hospitalized.

The symptoms of gastroenteritis — vomiting and diarrhea — usually pass after one or two days, although they can be more severe in older people. Dehydration is a common complication.

The illness was first announced on Friday, and Elizabeth had to cancel a visit to Swansea, Wales, on Saturday. THE ASSOCIATED PRESS

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Horse as the main course

On the menu. What's distasteful to some is more than palatable at Toronto's La Palette

JESSICA SMITH
Metro in Toronto

Shamez Amlani says he understands being vegan — but refusing to eat horse while chowing down on the noble cow and the friendly pig? That's just "speciesism."

Amlani and his wife opened La Palette on Toronto's Queen West just over 12 years ago. When he first asked his meat supplier to find him horse, there weren't any other restaurants in Toronto serving it. La Palette, he said, offered it clandestinely to customers with a "pssst, we have horsemeat" whisper, rather than putting it on the menu.

Now, horse tartare and two horse main courses are on the menu. Horsemeat, being so lean, is a favourite of athletes but is also so tender his wife calls it "the butter of meats," he said.

As it turns out, we might not eat a lot of horse but we supply a lot of people who do.

Canada exports thousands of kilograms of horsemeat each year.

Amlani said horsemeat squeamishness can be traced to 732, when Pope Gregory III decreed eating horse a "filthy and abominable custom."

"People will have a very schizophrenic approach to why you shouldn't eat it — they'll start by saying they're companion animals, they'll tell you it's bad for you because of (drugs) that might be present in the meat and they'll switch back to, 'But they're so cute,'" he said.

Others will encourage a distaste for horsemeat as "the thin edge of the wedge" in their attempts to convert others to veganism.

Amlani knows all about people's objections. His restaurant has been the focus of protests, and sometimes diners walk out when they see horsemeat on the menu.

Horse tartare and tenderloin, as prepared by Chef Brook Kavanagh of La Palette. FERNANDO CARNEIRO/METRO

Taste test

Savouring the tenderest of meats

To me, the horsemeat debate comes down to taste. We eat beef, pork — why not horse?

On to the taste test. La Palette, a French bistro on Queen Street West in Toronto, serves horsemeat.

I started with a tartare — raw horsemeat with onions and seasoning.

I was surprised by how tender horsemeat is, despite being so lean. It's also mild — much milder than beef. I wondered if the seasonings were keeping me from fully tasting the meat. The dish was delicious, but I wanted horse on its own.

The tenderloin gave me that opportunity. Seared on the outside and rare on the inside, it was accompanied by a mushroom-oat risotto, seasonal vegetables and a port reduction. I could've eaten the meat with a spoon, it's so soft. And a little sweet. It won me over.

FERNANDO CARNEIRO
Metro
fernando.carneiro
@metronews.ca

Some horsemeat stats

13,489 Canada exported 13,489 metric tonnes of horsemeat in 2011. That's down 24 per cent since 2010, when Canada exported 17,766 metric tonnes.

89,348 There were 89,348 horses slaughtered in licensed slaughterhouses in Canada in 2011, each weighing an average 0.28 metric tonnes.

Recipe pays homage to one of the most beautiful animals

Hayfire Roasted Horse Tenderloin with the Foods It Liked Most

- 2 pounds horse tenderloin
- damp hay
- applewood
- 1/4 cup rendered horse suet
- 2 large heirloom carrots
- 2 firm cooking apples
- 1 tbsp fermented oat paste (could substitute miso)
- 2 cups alcoholic dry apple cider
- 2 tbsp apple cider vinegar
- 2 cups finely diced carrots, onions and celery (mirepoix)
- 1 tsp julienned fresh sage leaf
- 10 pounds horse bones
- whole oats
- good butter
- chives

For the horse and its carrots and apples: Build an applewood fire. Over it suspend a rendered-horse-suet-brushed cast iron grill. When the fire subsides and the embers burn bright, place a layer of damp hay, the whole carrots and apples (peels intact), then more damp hay over the coals. Place the seasoned tenderloin on the hot grill and roast on all sides over the apple-hay smoke until the outside is deep brown and crispy. Move the horse to a warm corner of the fire to rest before slicing. Peel the cooked apples and carrots.

For the horse's oats: Make a stock of horse marrow bones, fermented oat paste and roasted hay. Toast the whole oats in good butter with sage. Add the mirepoix, deglaze with a dry alcoholic apple cider, the cider vinegar and the horse stock. Simmer until oats are tender, adding more stock as necessary. Finish with more good butter, chives, and season to taste.

For the horse reduction: Boil the remaining horse broth with a cup of apple cider until it is thick and sticky. Right before serving add a few spoons of cold butter and whisk to incorporate. Serve each guest a few spoons of the oats, a thick slice of tenderloin, a few slices of apples, carrots and the reduction.

CHEF BROOK KAVANAGH, LA PALETTE

Arguments in the horsemeat controversy

- **Argument: Horses can be mistreated or unethically killed.** Last winter, the Toronto Star published an exposé about horses bought at a "kill" auction in the U.S. It followed a trailer of horses that were left without food, water or room to move for 22 hours as they made the trip to an abattoir in Quebec. The Canadian Horse Defence Coalition has secretly filmed some of Canada's abattoirs and found some instances in which horses are improperly killed.
- **Counterargument: It's no different than cattle slaughter — humane.** Horsemeat proponents argue the process is the same as the slaughter of cattle. Plus, killing a horse for its meat, instead of leaving it improperly cared for at a farm that no longer has use for it, is ultimately more humane.
- **Argument: There could be harmful drug residue.** Phenylbutazone (PBZ) is an anti-inflammatory given to many horses, especially racehorses, which can end up at abattoirs. The drug can cause serious health problems in humans if ingested.
- **Counterargument: Horsemeat is tested.** The Canadian Food Inspection Agency (CFIA) has a "zero tolerance for phenylbutazone in food" and conducts random spot tests of horsemeat for residue of the drug, finding "a very high compliance rate" with the law.

ROBSON FLETCHER/METRO IN CALGARY

Which meat will you eat?

"It's based on taste. I like steak, I like beef, chicken.... I've never had horsemeat before. But I would if it was good."

Brian Jansen, 23, actor, eats meat

"I would try almost anything. I've eaten venison; I've eaten buffalo, elk, kangaroo — I think ... — and ostrich."

Stephanie Nadler, 50, artist and stay-at-home mom, eats meat

Would you eat horsemeat?

"To me, meat is meat... I don't understand why it's different than cow or pig."

Kristen Corbet, 31, in the solar energy industry, doesn't eat meat

"I don't think people should eat horsemeat.... So many people love horses and have them as a pet."

Logan Thayalan, 30, database assistant, eats meat, but not horsemeat

WH YO TAS

The recent horsemeat scandal has generated more curiosity than controversy. Searches for 'horsemeat recipes' spiked dramatically following news that horsemeat disguised as beef had been sold across Europe. In Canada, searches for

Who's not too sweet to eat?

We asked which animals you would eat. Here's how you voted:

AT'S UR TE?

'horse recipe' have been generally trending upward since 2008, reaching an all-time high this February. Volumes were highest in Alberta, perhaps indicating that cattle country is developing a taste for horses.

Rabbit

92 votes

Cow

128 votes

Frog

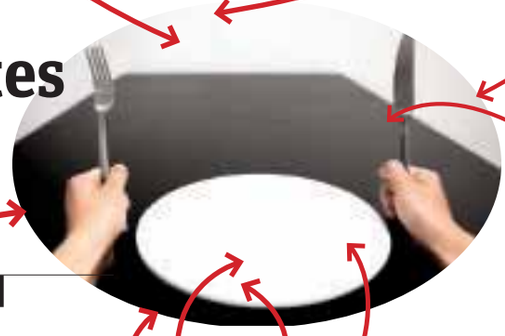
64 votes

Salmon

125 votes

Dog

0 votes



Horse

67 votes

Chicken

132 votes

Camel

62 votes

Seal

58 votes

Caterpillar

25 votes

Kangaroo

72 votes

Pig

122 votes

ALL PHOTOS: ISTOCK

Horsemeat. Big business in Alberta

Canadians consume about 650,000 pounds of horsemeat and export about 30 million pounds of it each year, with most coming from the province best known for its cattle.

"Probably two-thirds of the Canadian processing is done in Alberta," said Bill desBarres of the Horse Welfare Alliance of Canada, an advocacy group for the horsemeat industry.

While some might bristle at the thought of slaughtering horses for food, advocates like desBarres believe it's the best end-of-life option for many of the animals.

"It's the most humane option — for horses that qualify — to go to processing," he said. "But the horse must qualify. It can't have phenylbutazone administered in the life of the horse, for instance. That's a painkiller that does not have a designated withdrawal time."

Horses that have consumed other drugs can qualify after spending sufficient time on a feedlot for the drugs to clear their systems, desBarres said.

The Canadian Food Inspection Agency "has zero tolerance for phenylbutazone in food," according to its website, and employs both random and targeted testing of horse meat for the drug and other contaminants.

Other groups, however, like the Canadian Horse Defence Coalition, say it's impossible to guarantee that horses sent for slaughter are free of such drugs. "With such random, scanty testing protocols in place, one can only imagine how many drug-positive horses slip through the cracks," CHDC executive director Sinikka Crosland said in a recent statement.

Bruce Flewelling, who buys and sells horses for meat in Alberta, said processing may be distasteful to some — including his own father, who was an avid horseman — but he prefers it to simply burying or cremating horses at the end of their lives.

"With processing, you get something out of the horse," he said.

ROBSON FLETCHER/METRO IN CALGARY

Horses wait to be ushered into the auction ring in Nebraska in 2008. Most of the animals were sold so they could be sent to Canada to be slaughtered.

NATE JENKINS/THE ASSOCIATED PRESS FILE

Keeping your pets past the expiry date

Freeze-dried Fido. Taxidermist makes sure animal lovers never have to say goodbye

Anthony Eddy looks into a conventional freezer while a dog is preserved inside a freeze dryer in Slater, Mo. Animal lovers from across the U.S. call on Eddy to faithfully preserve their beloved departed pets for posterity through a freeze–drying process that can take up to a year. JEFF ROBERTSON/THE ASSOCIATED PRESS

Growing up on the family farm, Anthony Eddy learned early on not to get too attached to animals, including household pets.

His devoted customers are a different story. Pet lovers across the U.S. count on the Missouri taxidermist to faithfully preserve Brutus, Fluffy and other beloved companions for posterity. Even if it means shelling out thousands of dollars and waiting more than a year for the pets' return.

"They're very distraught because their child has died. For most people, this animal is their life," said Lessie "Les" Thurman Calvert, Eddy's office manager. "Some are kind of eccentric. But most of them are just like you and me. They don't want to bury or cremate them. They can't stand the thought.... It helps them feel better about the loss."

The front showroom of Eddy's Wildlife Studio in downtown Slater is a testament to pet owners' perseverance. Life-like pets of all sizes are scattered along the floor, from a perky-looking Brittany spaniel to a regal Persian cat, a lone iguana and the stray cockatiel or two.

Departed pets of all persuasions spend up to one year in hulking, freeze-dry metal drums before they are painstakingly preserved and returned to their owners.

THE ASSOCIATED PRESS

India budgets for more free lunch

Indian children eat a free midday meal at a government school on the outskirts of Jammu, India, on Thursday. Finance Minister Palaniappan Chidambaram has unveiled a national budget with a promise to put Asia's third-largest economy back on a path to high growth while trimming the fiscal deficit. However, with the country headed for general elections in 2014, government spending on costly social programs is also projected to go up substantially. The budget has assigned almost $2 billion for an ambitious food-security program, which will provide subsidized food to the poor. CHANNI ANAND/THE ASSOCIATED PRESS

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Executive pay. Swiss fight against 'fat cat' bosses

Swiss voters voiced their anger at perceived corporate greed Sunday by approving a plan to boost shareholders' say on executive pay.

Some 67.9 per cent of voters backed the Rip-Off Initiative, according to the official count broadcast by Swiss public television station SRF.

The outcome of the referendum was considered a foregone conclusion after opinion polls in recent months showed strong public support for the initiative. News last month that the outgoing board chairman of Swiss drug maker Novartis AG, Daniel Vasella, was to receive a leaving package worth about $78 million further fired up public sentiment against "fat cat" bosses. Vasella later said he would forego the deal.

THE ASSOCIATED PRESS

Shareholder rights

- Swiss lawmakers will now have to draft a law giving shareholders the right to hold a binding vote on all compensation for company executives and directors.

Vegas. Casino operator says it likely flouted bribery law

Las Vegas Sands Corp. says in a regulatory filing that it probably violated a federal law that prohibits bribing foreign officials. The casino company said in a filing on Friday that the Securities and Exchange Commission (SEC) asked two years ago for records relating to compliance with the Foreign Corrupt Practices Act.

Las Vegas Sands, which is controlled by billionaire Sheldon Adelson, said that after it got the SEC subpoena on Feb. 9, 2011, the audit committee of the board of directors opened an investigation.

In its annual report, filed Friday with the SEC, the company said that the audit committee "reached certain preliminary findings, including that there were likely violations of the books and records and internal controls provisions" of the anti-bribery law.

THE ASSOCIATED PRESS

Online security

Evernote resets 50M passwords after hacking

Online note-taking service Evernote Corp. says it has been hacked and is resetting its 50 million users' passwords as a precaution. The company, based in Redwood City, Calif., said in a post that an attacker had been able to access sensitive customer information and that every user would have their account reset "in an abundance of caution."

THE ASSOCIATED PRESS

Tribal dispute

Libyan natural-gas exports to Italy halted after clashes

Transport of natural gas from Libya to Italy through a major pipeline in the country's west was halted on Sunday after clashes between tribesmen and forces guarding the natural-gas complex, a security official said. The unrest was the latest in a series of ongoing tribal clashes that are hampering efforts to bring Libya under control of the central government.

THE ASSOCIATED PRESS

WE'RE BEING ARGOED BY BRT ROUTE

URBAN COMPASS

Colin Fast
winnipeg@metronews.ca

After several weeks of investigating the city's plan's for the next phase of rapid transit, I've come to a shocking conclusion: I think we're being Argoed.

Yes, just like in the movie about the fake movie.

As part of a crazy caper to smuggle someone — Fire Chief Reid Douglas? Bomber CEO Garth Buchko? — out of Winnipeg, the city has concocted an outrageous cover story about building a rapid-transit line through empty fields and industrial property in Fort Garry.

I mean, this can't be a real suggestion, right? This seems suspiciously like a classic operation from the CIA. Or at least the Winnipeg Parking Authority.

After all, the decision about where to put the next rapid-transit line seems like a simple one.

On the one hand, you can run it parallel to Pembina Highway, where it will be easily accessed by huge numbers of potential passengers, who could hop on and off to use local businesses around the transit stations. It might also improve traffic flow on Pembina by removing buses from the street, and possibly spark greater density on underdeveloped property next to the line.

Or, counter-intuitively, you can run a long dogleg route away from Pembina, through a vacant lot and then next to a big hydro line and an industrial park.

Part of the city's pitch for the dogleg is that it will lead to all sorts of transit-oriented development (TOD) on the vacant Parker lands, but does anyone believe a strip of property between Fort Garry and River Heights needs much of a push? This is prime residential turf, whether a busway comes through or not. In fact, the busway would probably just chew up a lot of the usable land.

So, just from looking at a map, this already appears to be a curious plan. But maybe the easiest way to confirm it's really an elaborate government ruse is to look at where the transit stations would be built.

For example, at McGillivray, the Pembina option would see a station built within a block of a grocery store, a drug store, a liquor store, an optometrist, several restaurants, a hotel, the Fort Garry Library and Vincent Massey High Collegiate. It would also sit on an empty lot that would be well-suited for a combination retail/park-and-ride development.

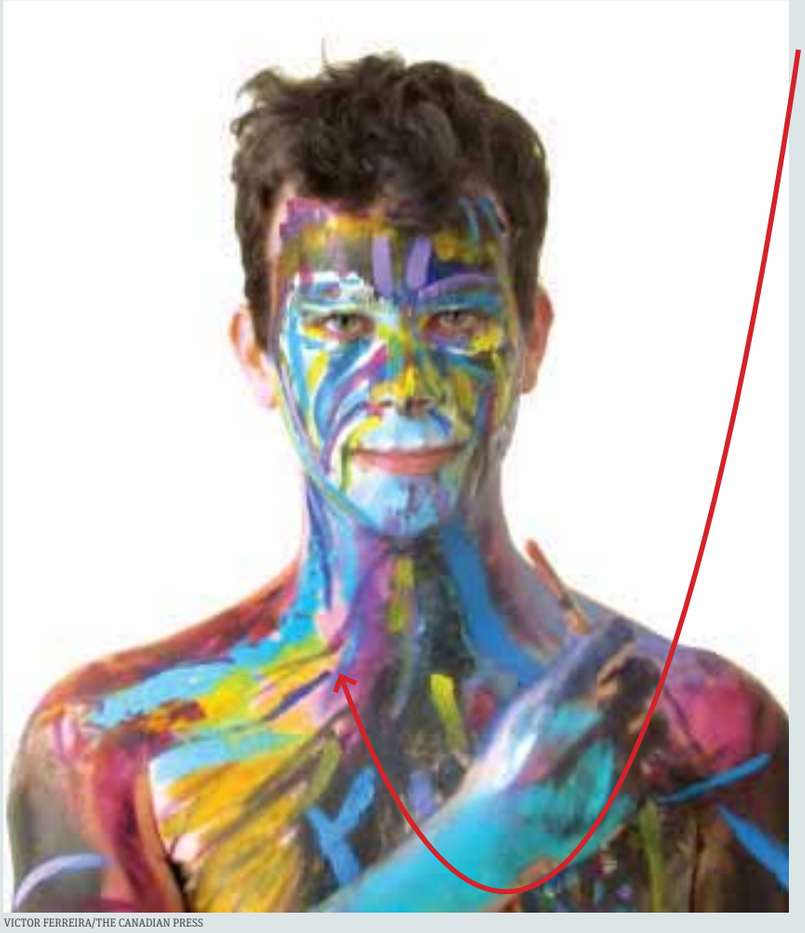
Meanwhile, on the dogleg, the McGillivray station would lie next to a funeral home and cemetery. TOD? More like DOA.

So, while I'm sure I'm endangering someone's life — Deputy Mayor Russ Wyatt? Developers Sandy Shindleman and Andrew Marquess? Jet defenceman Ron Hainsey? — in revealing the Argo-like scheme, I do think it's in the public interest to point out that this plan is an obvious fake.

And to avoid any of the controversy surrounding the movie, let's be sure to give credit for this crazy scheme where it's due, with chief strategists Mayor Sam Katz and CAO Phil Sheegl.

ZOOM

Radiate from the inside out



VICTOR FERREIRA/THE CANADIAN PRESS

Artist uses canvas as his muse

Matti McLean once hated his body so much that, in his last year of high school, he stopped eating.

Now he's advertising the beauty of the human form by transforming it into a work of art.

Through the Human Canvas Project, established last year, McLean uses his paintbrushes to capture both his subjects' figures and personalities.

Using music, discussion and individual colour choices, McLean tries to tap into each person's special character and use the body as the canvas it's painted on.

He has created 145 canvases since beginning, he said, adding his work is reaching an audience ranging from Australia to Peru.

THE CANADIAN PRESS

Colour at end of the tunnel

"A lot of gay men struggle with eating disorders. I didn't like who I was and took it out on my body."

Matti McLean
Founder, Human Canvas Project
He explained he overcame his self-esteem issues and began the Human Canvas Project as a way to document his close friends and the way that he saw them on the inside.

Chili factor. Winnipeg couple serves up a dish to warm the heart

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

A complex issue doesn't necessarily require a complex solution.

Sometimes it's better to keep it simple. That's what Darlene and Craig Phillips of Winnipeg decided to do one evening last December, after volunteering at a local homeless shelter.

"I left there in tears," Darlene says.

Since then, the couple has been cooking large batches of chili for the Main Street Project, a local shelter, every other Saturday. What began as a small venture in the family kitchen, "which isn't very big," has expanded to include enthusiastic community volunteers.

They call it Chili from the Heart. After their first chili cook, the Phillipses decided to create a Facebook page to raise awareness of their cause and to reach out to the community for chili ingredients.

"We never ask for cash and do not accept cash donations," Darlene says.

So the community helps out in other ways. The local Harvest Bakery and Deli has been donating 300 fresh buns twice a month, for every chili cook. Another local restaurant has granted them the use of a commercial kitchen. In addition to chili, Darlene also began crocheting hats and scarves, and continues to receive donations of winter coats and other winter clothing from the community.

"People have just opened their hearts. It really restores your faith in your city," Darlene says. To donate clothing or cans of food, go to facebook.com/ChiliFromTheHeart, or email Darlene and Craig at chilifromtheheart@live.ca.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Its youth empowerment event, We Day, was in eight cities across Canada last year, inspiring more than 100,000 attendees.
Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

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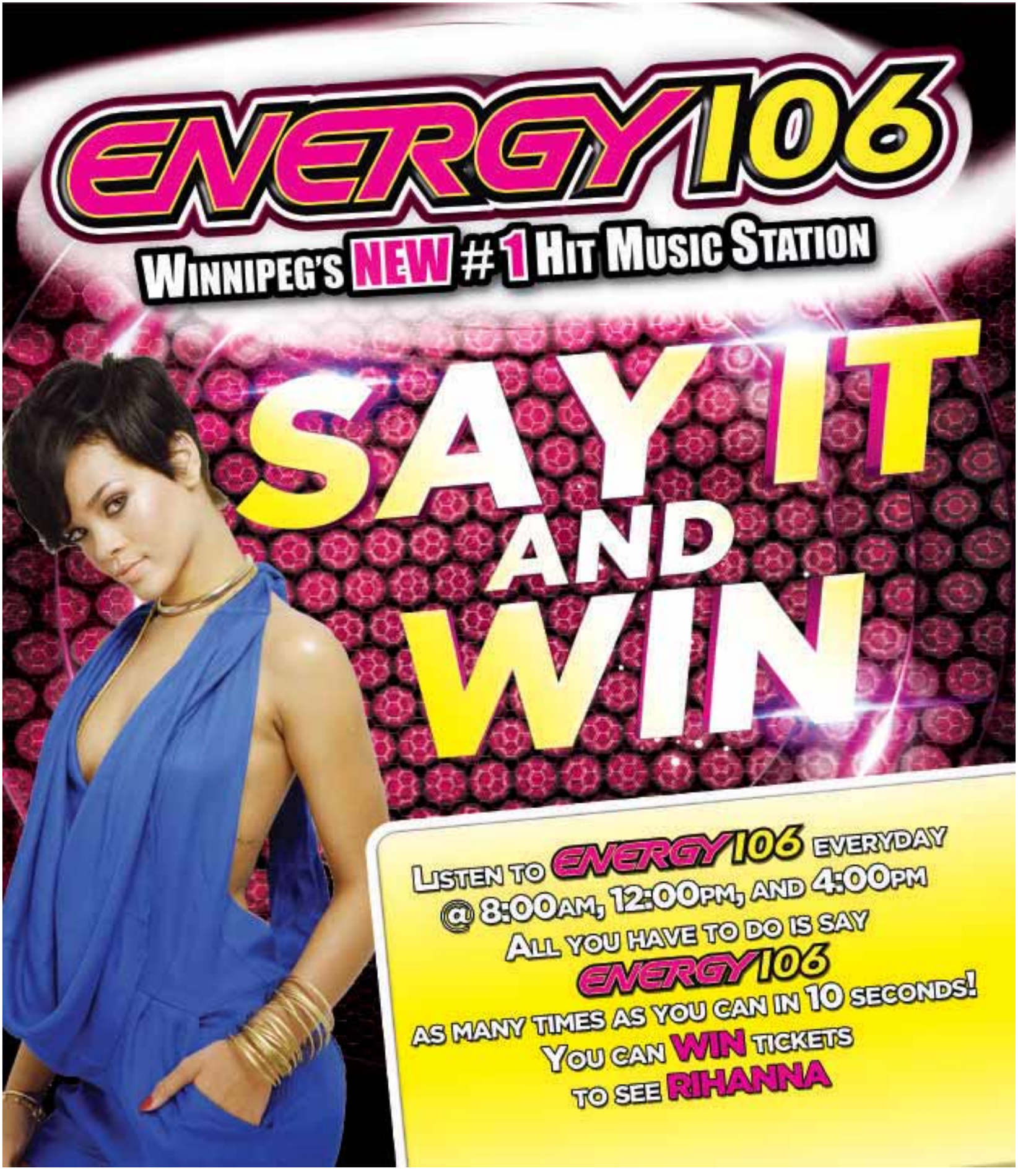
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TO SEE RIHANNA

Martin Short pretends to be a bagpipe as he hosts the Canadian Screen Awards in Toronto on Sunday. FRANK GUNN/THE CANADIAN PRESS

Canadian Screen Awards bewitched by Rebelle

Rebelle ruled while Flashpoint continued to burn bright at the inaugural Canadian Screen Awards on Sunday, as the best in homegrown film and television gathered for a first-ever joint bash hosted by an off-the-wall Martin Short — who brought along his popular alter ego Ed Grimley.

The Oscar-nominated child-soldier drama Rebelle (or War Witch) dominated the film categories with a whopping 10 trophies, including wins for best film, best director, best screenplay and best actress for its teenage star, Rachel Mwanza. It had been up for 12 awards.

"I'm very touched," said Montreal director Kim Nguyen as he collected the best director prize.

"I'd like to dedicate this to the women in the Congo, their strength, their courage and their resilience."

Meanwhile, perennial TV favourite Flashpoint took the top prizes in the TV race, including best drama and best dramatic actor for star Enrico Colantoni.

The inaugural awards gala celebrated the best in Canadian film and television together for the first time, and Short kicked things off with a musical opening that saw him hoisted by wires to soar over the audience.

"They had me so high up there I could see both of Mike Duffy's houses," quipped Short, keeping things topical for his Canuck audience.

He later lobbed affectionate barbs at Canadian celebrities Don Cherry, Rick Mercer and The Bachelor Canada winner Brad Smith, and took aim at recent Oscar winner Argo, which earned criticism for downplaying Canada's role in rescuing six U.S. citizens caught up in the 1979 Iran hostage crisis.

"It's always nice to be home," Short said to a star-studded audience.

"I flew in on Air Canada. Or as Ben Affleck calls it, American Airlines." THE CANADIAN PRESS

Other big winners

TV comedy actor: Gerry Dee, Mr. D

TV comedy actress: Wendel Meldrum, Less Than Kind

TV drama actress: Meg Tilly, Bomb Girls

Documentary: Stories We Tell, Sarah Polley

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Bieber says his 19th birthday was a bummer. ALL PHOTOS GETTY IMAGES

Birthday was the worst day, but they sipped $12K in booze when they were thirsty

Justin Bieber's celebrations for his 19th birthday didn't go so swell Friday, leading the star to tweet a simple, "worst birthday." And while his fans leapt to the conclusion that the paparazzi were responsible, it reportedly had more to do with the security at London's Cirque du Soir nightclub, who wouldn't let some of his entourage in because they couldn't prove they were over 18, according to E! News. Bieber still managed to have some fun — dropping a reported $12,000 on bottle service for his pals — but the incident with security put an early stop to the festivities. "I think Justin and his friends had a good time," a source says. "(But) he was, of course, not amused that some of his close friends were refused entrance."

Notice to appear? You can find her in the club

Lindsay Lohan appears to be living it up as much as she can in advance of her March 18 trial — and even skipped out on the latest court appearance related to her case to stay in New York and go clubbing instead, according to Us Weekly. Maybe she knows it doesn't look too good for her this time around when it comes to avoiding jail time, especially considering the drubbing her new lawyer, Mark Heller, has been getting from Judge James Dabney. After dismissing Heller's motions to have the case put on a "slow track," Dabney cautioned that Heller would need someone by his side versed in California law or "Miss Lohan is going to have to come in here and waive her right to have competent attorneys versed in California law and procedure."

Clubbing apparently trumps court for Lindsay Lohan.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is Kanye a playdate hater?

STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg says he was offered a role in the last Star Trek movie but turned down J.J. Abrams because he "couldn't understand the words or dialogue or anything." Coincidentally the very same reason he stopped modelling underwear for Calvin Klein.

Kanye West rants about Jay-Z and Justin Timberlake's Grammy performance and their new song, Suit and Tie. Jay-Z now regrets not lending Kanye his new toy train before going on the play date with Justin.

Suri Cruise may have a body double. The Brangelina kids are all sulking in their rooms.

"Friend Zone" is added to the Oxford Dictionary. "That's so dumb," says some really nice guy. "But I don't have time to deal with it now. I'm late picking up Tiffany's dry cleaning."

Michelle Obama's Oscar dress gets photoshopped sleeves and a much higher neckline for Iranian TV. "Could you send over some information on how you did that," asks Lindsay Lohan's manager.

Justin Bieber now has more Twitter followers than there are people in Canada. There's only one force on Earth strong enough to fight back! It's time to remobilize the Kiss Army.

Octomom says she has a medical marijuana prescription. She suffers from the incurable condition known as "14 kids."

Rihanna says her and Chris Brown have matured big time in the last four years.

This love is fresh: RiRi

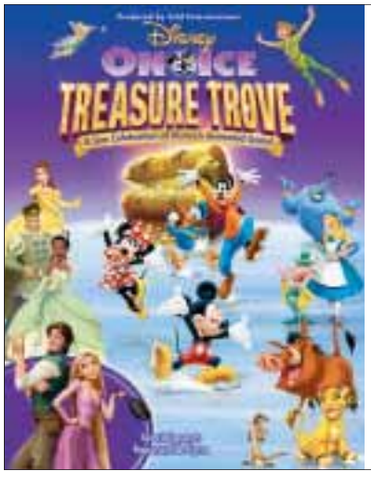
Rihanna claims that things are working better now with on-again off-again boyfriend Chris Brown because they've grown up a lot in the four years since his arrest for assaulting her. The singer insists to Elle UK that they have "a great friendship that's unbreakable. Now that we're adults, we can do this right. We got a fresh start and I'm thankful for that," she says. Rihanna even predicts that she will "probably have a kid" within the next five years.

Twitter

@TheRealRoseanne
Note to americans: if you want to vote for me in 2016-u need to make sure I am on the ballot in your state-educate urselves-it's impossible

@NiallOfficial
Gona get a power nap now! #preshowsleep

@JimCarrey
Vegas has everything except a hotel window you can open.Not gonna lie,being forced to breath super dry central air freaks me out a bit.



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Arnie says he is pumped about his new job.

Ex-Flex cover boy goes exec

With his first starring role in an action film, the Last Stand, flopping at the box office, it may come as no surprise that Arnold Schwarzenegger is looking at new avenues of employment. Coincidentally, the former California governor has recently signed on to be executive editor of Muscle & Fitness and Flex magazines, two bodybuilding titles. "It was in these magazines that I found the spark that inspired me to start lifting weights, and eventually move to America and realize my dreams, and I'm proud to return as executive editor," Schwarzenegger says in a statement. Over the course of his career, Schwarzenegger has been featured on the covers of the two magazines more than 60 times.

He's got that spark

"It was in these magazines that I found the spark that inspired me to start lifting weights."

Arnold Schwarzenegger, on Muscle & Fitness and Flex magazines

Baby wipes

Not just for bums

Baby wipes are excellent for baby bums, of course. We all know that.

But they are not just for babies anymore. I have found baby wipes to be the perfect eye makeup remover. I ditched my expensive liquid eye makeup remover years ago in favour of the gentle-on-my-skin baby product.

The multi-purpose wipes have a permanent spot in our bathroom for bums, eyes, spills and countertops. I even use them to remove pesky deodorant stains from my clothing.

JENNIFER WALKER OF YUMMYMUMMYCLUB.CA

A cheap solution

Fix for the reluctant biker

My little girl just couldn't get the hang of a two-wheeler bicycle — no matter what.

Instead of paying for an expensive glider, we took the pedals and the chain off of her regular bike.

She then learned how to push and glide to get her balance. It worked perfectly to give her the confidence she needed.

Every child should learn this way!

Once she got her balance and we put the chain and pedals back on, she was off, literally, the first time with no help.

MEGAN ANDREWS OF YUMMYMUMMYCLUB.CA

Exclusively online

After months of anticipation, you're taking your very first wobbly steps. If only John Stamos were here to score the moment with an original ballad. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Keep your toddler smiling

Indoor activities. Is your child stuck indoors all day? Here are fun ways to keep the little one entertained

CAROLINE FERNANDEZ
YummyMummyClub.ca

Snow days, rainy days, days I just have to do laundry — we've had a lot of inside time lately. I have been getting creative with my two-year-old and finding lots of fun inside ideas. Here are my top nine.

Wooden spoon + pots = musical madness!
Doing the dishes and toddler driving you crazy? Give him a pot and a wooden spoon. Bang, clash, boom. So simple, yet so entertaining. Mix it up with plastic bowls, stainless steel pots, wooden and metal spoons (the bigger the better). He's learning about beats and music while getting his banging on.

Cardboard box + crayons = artful activity!
I get tons of cardboard box deliveries. A few crayons (washable, of course!) plus his creativity and it makes for the perfect art experience. Lines, squiggles, circles. He's learning about art without even knowing it.

Empty milk jug + soft ball = toddler bowling!
We go through four litres of milk a day (yes, really!), so before I take those milk jugs back for deposit, we re-purpose them into a bit of play. Line them up against a wall, stand back and gently roll (this takes practice) the ball to knock over the jugs. It's a fun physical activity — there is crouching, bending picking up and running back to knock them down again.

Cars + hands = CRASH!
There is something about crashing things that entertains my toddler to no end. Cars, pillows, teddy bears, two of anything can crash really. It is repetitive and verbal (he sings "crash, crash") and apparently tons of fun.

Fingers + songs = finger songs
Folding laundry and toddler wants your attention? Start singing Head and Shoulders or Wheels on the Bus or The Hokey Pokey. You can do the movements as you fold (whizzing socks around while singing Wheels on the Bus is just organic) and he'll follow along. That's multi-tasking.

Kitchen sink + water = homemade water table.
This was my Tuesday. I pulled a chair up to the sink. I filled it with water and dish soap and put in wooden spoons, plastic measuring cups and some clean plastic yogurt containers. My son instinctively climbed up and went to town splashing and pouring. Yes, the floor got wet. Yes, he got wet too. But the clean up was easy, with a simple swipe of the towel and a quick change of clothes. It was play time well spent.

Swim + bodies = land swimming.
Sounds weird, right? This was part of a game we played at play group where there were "octopus" who had to catch "fish" swimming by. Dear son loved it so much we often land swim around the house. Chanting, "swim, swim swim," we walk around the living room and move our hands like we're swimming. Hurry, a shark!

Hide + seek = where did it go?
Showing an object and then hiding it under my shirt (or his) is a daily event. "Where'd it go?!" we ask each other. I call it training for finding running shoes in his school years.

Books + lap = reading time
Before every nap and bedtime, we read stories. I change up the ones on the toddler reading table (more for my entertainment than his). Currently we are reading Blue Hat, Green Hat by Sandra Boynton and Toupie a peur by Dominique Jolin.

Give her pots and pans to bang on while you wash dishes. ISTOCK

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Shopping with kids can be an adventure. ISTOCK

No judgement near the frozen waffles

It's 3:30 p.m. Kids, hungry after school, lean against the shopping carts their mothers push down crowded aisles. I watch a middle-aged guy jump the check-out line.

He sees me see him and does a defensive "who me?" shrug. Hurried myself, I bite my tongue, check my list and press on. There is a tall brunette bearing down on me. I do a half pirouette to let her by and hear a little voice, upturned, just finishing a question on the woman's far side. As they pass me I hear her brisk reply: "We are not here for fun. We are here for things to eat."

I pause carefully on the threshold of judgment. I have always tried to avoid shopping-as-chore. We used to make food shopping an adventure, now it is a creative exercise in lunch kit supply choices.

The truth is that shopping is a chore, especially at this hour, especially when your legs are little and everyone's patience is thin. I realize what I am feeling is an empathy wince.

Being a parent is filled with daily obstacle courses, small and large. The afternoon meltdown hours between 3:30 and 6:30 p.m. are a particularly trying sprint. A homework hatchet hangs heavy and urgent over our household tonight, so I keep moving, wedge the freezer door open with my hip, grocery basket biting into my forearm, bottle returns clanking on my other flank. I try to smile at the kids hauling backpacks past me, and nod as we navigate the space so the parents know there is no pressure from me, even if they are in the middle of a teary negotiation in the frozen waffle section.

Judgment is a withering thing under which family life does not thrive. We must allow room for each other. The guy who jumped the line though? He needs remedial kindergarten. CATHERINE JACKSON OF YUMMYMUMMYCLUB.CA

How to mess up the very first meeting

Don't, just don't.
On avoiding the opportunity ambush

YLVA VAN BUUREN
careerbear.com

The job interview is one of the most important parts of the job-search process, and one that you have far more control over than you think, says Stefan Danis, CEO of Mandrake. Here are common interview mistakes and his advice on how to avoid them — and get the job of your dreams.

Fight the desire to fib about your employment history. ISTOCK

Come unprepared
The job description is usually filled with information about what type of employee the company is looking for, so spend time positioning how your experience and competencies match up. "The bad (move) is you come in and talk about yourself but in no way relate your narrative to what the company is looking for," says Danis. Questions during the interview will invariably relate to the job description. Consider rehearsing your answers in front of a mirror so you give the answer in the best possible way. "You must remain authentic in your response as opposed to rehearsed, however," he says.

Don't ask questions
You can extract a tremendous amount of information as an interviewee, says Danis. Right off the top, ask how the interview will be structured — so you know how much time you have and how you should tailor the length and detail of answers. Then, "in a perfect world you would finish every single answer with a query that would reflect back to the interviewer. For example, how is this competency valued within your organization?" Before you leave, ask for feedback. "Most interviewers will share with you what they thought right away if you ask them, but most people leave without asking the question." Ask.

And then I learned to ski...

"Some people think life outside of work is not relevant to work ... but I would say quite the opposite."

Stefan Danis
CEO of Mandrake

Forget common courtesies
Don't be late. It's disrespectful and reflects on your personality and, possibly, work ethic. Also, turn off your cellphone. Surprisingly, almost 20 per cent of interviewees don't, says Danis. If you forget to turn off your cell and the phone rings, apologize and quickly turn it off pronto. If you are experiencing some sort of crisis that requires you be connected warn the interviewer ahead of time that you might get an urgent call. But the situation must be critical!

Make the interview all about work
The resumé got you the interview, says Danis, and odds are the fit will get you the job. Employers unearth fit by understanding how you go about your business and who you are. Include references to your personal life on your resumé and during the interview. "Some people think life outside of work is not relevant to work ... but I would say quite the opposite, that life outside of work is in fact what gets you the job." Also, the biggest mistake in terms of high performance interviewing is to not create an interactive experience, says Danis. Don't just answer questions and match what the interviewer is asking. Engage in a real back and forth conversation.

Dress inappropriately
Most companies have a dress code and there's nothing wrong with calling ahead and asking what it is. "It's foolish to not look what I call 'one level up'… if you look one level down, you're underdressed relative to the interviewer and you've made a big mistake. If you're dressed like they are, great. If you're dressed one level up, nothing bad happens," Danis says.

Lie through your teeth
Research shows that many people lie about things such as their education, work history and credentials. In fact, education verification is one of the fastest growing segments of hiring, says Danis. "Don't lie about anything. We live in the digital age and you'll be found out — dismissed from a process."

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The In-Credibility Factor

Working hard while doing good

TURNING POINT
Teresa Kruze
life@metronews.ca

Name: James Temple
City: Toronto
Age: 29
Occupation: Corporate responsibility director at PriceWaterhouseCoopers LLP

James Temple worked as a professional musician, sold doughnuts and hauled manure for a greenhouse. Deciding he needed a fresh start, Temple went back to school to study geographic analysis. He is now a corporate responsibility director, encouraging thousands of employees to give back and make a difference in their communities. Temple encourages employees to be a catalyst for change and to always watch the "triple bottom line" of planet, people and profit.

I knew I was on my way when...
I was on stage delivering a TED talk (a non-profit organization devoted to ideas worth spreading) about how to embrace your inner "advoteer" and to help fuel a career with purpose.

I was finally able to articulate how everyone's professional contributions could help address society's challenges, and how businesses could integrate social purpose, environmental sustainability, and economic integrity into their operations. Since then I've been interviewed by Forbes.com and have presented at conferences around the world.

Action Plan

- Never compromise your values and learn alongside others by asking the right questions. Remember that good listeners earn people's respect.
- Be curious and bold because you grow most when you're uncomfortable. Harness the feeling and let it energize you.
- If you think you've got your career planned out then go in the opposite direction. Remember that young rivers meander, while old streams end up going in one direction and dry up altogether.

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Boost morale with out-of-the-box thinking

Filing and smiling. Shuffling, idea sharing and keeping in shape might just result in a dream team

JULIA WEST
Metro World News in New York

A quaint, brightly coloured plant in the corner may be one manager's idea of how to improve company morale, but we know there are more impressive moves to make. We spoke to several forward-thinking employers and learned that it takes a dash of creativity to create a more productive work environment.

Putting heads together shouldn't mean squishing into a tiny space. Ensure that your employees have room to breathe. ISTOCK

Add movement
Take a look at the office layout and ask yourself if it allows space for mobility. "You don't need to add more space to mix it up — just make use of the spots that go empty for hours," says Kevin Kuske, general manager at Steelcase, a company that designs workspaces for small businesses. With a background in anthropology, Kuske focuses on turning offices into idea incubators. "In your design, truly support mobility by having a variety of work areas and addressing practical things like having power near all couches, counters and group areas."

Talk to the employees
Listen to the employees and learn what it is that they want. "I know that sounds obvious, but I am amazed how infrequently leaders ask people what would improve productivity, morale or engagement," says Rick Maurer, author of Beyond the Wall of Resistance, a book on change in the workplace. Employees are your best resource, go to them.

Get healthy

A healthy worker is a more productive worker, which is another reason to promote an active lifestyle within the office.

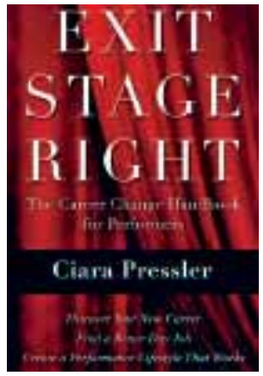
- Punit Dhillion is the CEO of OnocoSec Medical, and he has set up a communal bike share at the office so that people can bike to lunch.
- "I believe that being active boosts your energy levels and your mood. We adopted a policy that encourages staff to engage in physical activity during their breaks," says Dhillion. That's one way to get past that mid-afternoon caffeine crash.

Show must go on after career curtains close

Bow out gracefully. When the lights dim on the love you had for your job, search without a sad face

DOUG SMITH
Metro World News in New York

Making the decision to jump careers is a tough one, especially when leaving a personal passion behind. Former performer and author of Exit Stage Right: The Career Change Handbook for Performers, Ciara Pressler says: "If your dreams have changed, that's OK. It's time to find your next career passion. ... Keep evolving as a person and let your career reflect that."



How can one mentally prepare for such a change?
The key is to be honest with yourself about what you want now, which may no longer be the exact same passion as when you started out. It seems daunting to navigate a career change, but there is a step-by-step process you can follow to move forward with less stress and more support.

What are common struggles people face when choosing to leave their career?
Performers don't realize the wealth of strengths and experience they bring to another role, even in a new industry. The skills and habits developed through performing can put you ahead of most job candidates, if you understand how to position yourself for your target job.

What are the best ways to keep engaged in your field, but not as a performer?
Engagement is a choice. Know what motivates you to stay in the game. Create short-term goals and make a decision to approach your job with the same creativity and dedication to excellence that you brought to your performing career.

What are mistakes people make in getting that first full-time job offstage?
Undervaluing themselves. It's important to establish your value through negotiating confidently, working smart over hard and maintaining a loyal network.

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A taste of Greece in a burger

ROSE REISMAN
for more, visit
rosereisman.com

Add some mushrooms, feta cheese and oregano and you have a whole new burger.

Try substituting ground chicken, turkey or veal. Forget the bun — I love to serve these over a bed of couscous.

But if you're serving them on a bun, be sure to include lettuce, tomatoes and onions for an extra serving of veggies.

This recipe serves five. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1 cup chopped mushrooms
- 1/2 cup chopped onion
- 1/3 cup light feta cheese, crumbled
- 1 lb extra-lean ground beef or lamb
- 1/4 cup finely chopped fresh chives
- 3 tbsp chopped fresh oregano
- 2 tbsp barbecue sauce
- 3 tbsp dry seasoned bread crumbs
- 2 tsp minced fresh garlic
- 1 egg
- 3 tbsp chopped oregano

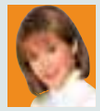
1. Spray a non-stick skillet with cooking oil; add the mushrooms and onions and cook over medium-high heat for 4 minutes or until softened and browned. Remove from the heat. Stir in the feta.

2. Combine the beef, chives, oregano, barbecue sauce, bread crumbs, garlic and egg in a bowl. Stir in the onion mixture. Mix thoroughly. Form into 5 patties.

3. Spray a non-stick grill pan or barbecue grill with cooking oil and heat to medium-high. Grill the patties for 3 to 5 minutes per side or until no longer pink in the centre. (Alternatively, place on a baking sheet in the centre of a preheated 450 F oven for 10 to 15 minutes or until cooked through, turning once.) Garnish with oregano and crumbled feta cheese, if desired. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Pizza is everyone's favourite takeout, but with stuffed crusts and fatty toppings, just a few slices will cost you in fat and calories.

Pizza Hut Italian Classic (2 medium slices with stuffed crust)

860 calories/ 36 g fat

Two slices, barely a meal, give you half your daily calories and fat.

Equivalent

Two medium slices of Pizza Hut Italian Classic pizza with stuffed crust is equal in fat to an entire Piller's kolbassa sausage.

Pizza Hut Triple Crown (2 medium slices with thin crust)

440 calories/ 16 g fat

Just choosing one meat and choosing a thinner crust saves half the fat and calories.

Four-Tomato Salad — big burst of flavours

ROSE REISMAN
for more, visit
rosereisman.com

The contrasting colours and textures of the tomatoes in this salad are what make it so sensational.

If you can find grape tomatoes, they are even sweeter than cherry tomatoes and have a great texture.

This recipes serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Ingredients

- 1/2 cup sun-dried tomatoes, rehydrated
- 2 cups sliced field tomatoes
- 2 cups halved red or yellow cherry tomatoes
- 2 cups quartered plum tomatoes
- 1 cup sliced sweet onion, such as Vidalia, Walla Walla or Spanish
- 1/2 cup chopped fresh basil or 2 tsp dried basil
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 1/2 tsp minced fresh garlic
- 1/2 tsp granulated sugar
- pinch freshly ground black pepper

1. Place the tomatoes, onion and fresh basil in a serving bowl or on a platter.

2. Whisk the vinegar, oil, garlic, sugar and pepper together. Pour over the salad. Serve immediately. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

NFL

Female kicker tries out for Jets

Lauren Silberman's NFL tryout lasted all of two kicks, neither of which travelled 20 yards.

Silberman, 28, became the first woman to compete at an NFL regional scouting combine on Sunday, but left the New York Jets' practice field after re-injuring her quadriceps. She tried two kickoffs, the first going 19 yards and the second about 13 yards, and then asked to see a trainer.

Lauren Silberman
THE ASSOCIATED PRESS

The former collegiate soccer player was examined off to the side of the practice field. About 30 minutes later, while 36 other kickers continued their workouts, she called the scene "surreal" and thanked the NFL for "this tremendous opportunity."

THE ASSOCIATED PRESS

Golf

Thompson trumps Honda Classic field

On a long, hard day at the Honda Classic, Michael Thompson relied on a superb short game to win for the first time on the PGA Tour.

Thompson seized control with a 50-foot eagle putt on the third hole, then kept his distance with clutch par saves. It gave him a 1-under 69 and a two-shot win over Geoff Ogilvy.

"This week was magical," Thompson said. "Just had a groove and kept feeling it."

THE ASSOCIATED PRESS

MLB

Villarreal's family unharmed in kidnapping attempt

The Detroit Tigers say reliever Brayan Villarreal is not expected to leave spring training after his family escaped unharmed from a kidnapping attempt in Venezuela on Friday night.

Villarreal has remained with the team. Manager Jim Leyland did not want to comment further, saying Sunday: "The less said, the better." THE ASSOCIATED PRESS

Brier title proves elusive for Gushue

Curling. Newfoundland skip would prefer Canadian title over another Olympic gold

Newfoundland/Labrador skip Brad Gushue calls for the sweep from Geoff Walker, left, and Adam Casey at the Brier in Edmonton on Saturday. JASON FRANSON/THE CANADIAN PRESS

An Olympic gold medal came early in Brad Gushue's curling career. Winning a Canadian championship is taking longer.

"I'm the only curler I think in the world right now that would want to win a Brier more than the Olympics," said Gushue, who is skipping Newfoundland and Labrador for a 10th time at the Brier.

"I think everybody here, I think if you would ask them to take an Olympics or a Brier, they would choose Olympics. For me, personally, I'd choose the Brier. My teammates might not like that, but I've won an Olympics before. This is a special event for me and something I want to check off from the list of goals."

Gushue was just 26 when he and Mark Nichols, Russ Howard and Jamie Korab won men's curling gold at the 2006 Winter Olympics in Turin, Italy.

Gushue threw fourth stones and was Howard's vice-skip. It was the first curling gold for a Canadian men's team after it became an official Olympic sport in 1998.

At 32, Gushue is considered a contender going into any Brier because of the Olympic gold. He's lived up to that billing for the most part despite a lineup change almost every year.

Gushue's teams have made the Brier playoffs six of his previous nine years. He was a runner-up to Glenn Howard at the Tim Hortons Brier in 2007 in Hamilton.

He tied for first with Alberta's Kevin Martin and Jeff Stoughton at 9-2 in the preliminary round in 2011, but lost in the semifinal.

The skip is still appalled, however, at his 5-6 record last year in Saskatoon.

"After my disappointing showing last year personally, I just want to come and erase that and play the way I'm capable of playing and see where things fall," Gushue said. "I think if I was capable of playing the way I'm playing, we would have won seven games or so." THE CANADIAN PRESS

Rocky opening weekend

Rogue rocks were the theme of opening weekend of the Canadian men's curling championship.

- Skips' brows furrowed over a new set of curling rocks purchased recently by the Canadian Curling Association. They said some rocks in their set of eight didn't behave like the others, making it difficult to decide broom placement and weight calls.
- "There's a couple pigs out there," Northern Ontario skip Brad Jacobs observed Sunday at Rexall Place. "Slow, slow cutters. They don't run true. They stop and die quicker. It's just a matter of picking up on them as quickly as you can."

NHL. Kane cans winner as Hawks' streak continues

Patrick Kane scores with two minutes left in regulation Sunday to extend Chicago's season-opening point streak to 22 games. DUANE BURLESON/THE ASSOCIATED PRESS

Patrick Kane had a couple shots that simply could not be stopped.

Just like the Chicago Blackhawks.

Chicago extended its NHL-record season-opening points streak to 22 games Sunday when Kane scored the tying goal on a power play with 2:02 left in regulation and the Blackhawks earned an extra point when the forward scored the only goal in a shootout of a 2-1 win over the Detroit Red Wings.

"Just amazing what's going on," Kane said.

Corey Crawford was perfect in the shootout and finished with 32 saves to help Chicago win a ninth straight game.

The Blackhawks have earned at least a point in 28 straight games dating back to last season to tie the second-longest streak in league history. They've matched Montreal's multi-season points run from the 1977-78 season and trail Philadelphia's streak of 35 straight games with at least a point during the 1979-80 season. THE ASSOCIATED PRESS

4 SPORTS

Regular season loyalty takes back seat to national pride during WBC

Baseball. Canadian Brett Lawrie insists competitive nature of players will trump friendships

Blue Jays Brett Lawrie, front left, and J.P. Arecibia will sit in opposite dugouts when Canada takes on the U.S. during the World Baseball Classic. GETTY IMAGES FILE

The Blue Jays heading to the World Baseball Classic this week said there has been no trash-talking or gamesmanship inside the team's clubhouse.

But as soon as the teammates-turned-rivals are in opposite dugouts you can expect the friendliness to fade.

"When it's time to go between the lines everything picks up," said third baseman Brett Lawrie, of Langley, B.C. "We're athletes, we're competitors and that will definitely be showing at the World Baseball Classic this year."

Nine Jays left Dunedin on Sunday, heading west to Phoenix or south to Puerto Rico to prepare to play games that mean something for the first time this year.

Lawrie's teammate on Canada, Adam Loewen, a native of Surrey B.C., who was signed by the Blue Jays this off-season and is expected to play in the outfield for Triple-A Buffalo, said he always looks forward to wearing his country's colours.

"Canada is a very patriotic country. You can see it every year with hockey and that's Canada's game and I think baseball is right behind there," he said. "Fans back home want to see us make them proud, so we're not only playing for the guys on our team but our whole country."

TORSTAR NEWS SERVICE

Phillies beat Jays

Howard in fine form

At least for the early part of spring training, Ryan Howard is showing his pre-injury form.

Howard hit a go-ahead, three-run homer off Brett Cecil that cleared the back fence and went out of Bright House Field, helping a Philadelphia Phillies' split squad beat the Toronto Blue Jays 13-5 Sunday in Clearwater, Fla.

"He's starting to get his legs under him," manager Charlie Manuel said. "He's getting his stroke."

Jose Bautista and Mark DeRosa homered for the Blue Jays.

THE ASSOCIATED PRESS

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metro

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	43	14	.754	—
Indiana	37	22	.627	7
New York	35	21	.625	7 1/2
Atlanta	33	24	.579	10
Chicago	34	25	.576	10
Brooklyn	34	26	.567	10 1/2
Boston	31	27	.534	12 1/2
Milwaukee	29	28	.509	14
Philadelphia	23	35	.397	20 1/2
Toronto	**23**	**37**	**.383**	**21 1/2**
Detroit	23	39	.371	22 1/2
Cleveland	20	39	.339	24
Washington	19	39	.328	24 1/2
Orlando	16	44	.267	28 1/2
Charlotte	13	46	.22	31

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	47	14	.770	—
Oklahoma City	43	16	.729	3
L.A. Clippers	43	19	.694	4 1/2
Memphis	39	19	.672	6 1/2
Denver	38	22	.633	8 1/2
Golden State	33	27	.550	13 1/2
Utah	32	27	.542	14
Houston	33	28	.541	14
L.A. Lakers	29	30	.492	17
Portland	27	31	.466	18 1/2
Dallas	26	33	.441	20
Minnesota	20	36	.357	24 1/2
Phoenix	21	39	.350	25 1/2
New Orleans	21	39	.350	25 1/2
Sacramento	21	40	.344	26

Note: division leaders ranked in top three positions regardless of winning percentage.

Sunday's results
Miami 99 New York 93
Oklahoma City 108 L.A. Clippers 104
Memphis 108 Orlando 82
Sacramento 119 Charlotte 83
Washington 90 Philadelphia 87
San Antonio 114 Detroit 75
Houston 136 Dallas 103
Chicago at Indiana
Atlanta at L.A. Lakers

Monday's games — All Times Eastern
New York at Cleveland, 7 p.m.
Utah at Milwaukee, 8 p.m.
Miami at Minnesota, 8 p.m.
Orlando at New Orleans, 8 p.m.
Atlanta at Denver, 9 p.m.
Charlotte at Portland, 10 p.m.
Toronto at Golden State, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	22	14	8	0	77	64	28
New Jersey	21	10	6	5	52	56	25
Philadelphia	23	11	11	1	66	68	23
NY Rangers	20	10	8	2	51	51	22
NY Islanders	22	9	11	2	64	75	20

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	22	14	4	4	68	53	32
Boston	19	14	3	2	57	42	30
Ottawa	23	12	7	4	52	44	28
Toronto	22	13	9	0	64	55	26
Buffalo	23	9	12	2	60	73	20

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	21	12	8	1	63	59	25
Winnipeg	21	10	10	1	55	64	21
Tampa Bay	21	9	11	1	73	67	19
Washington	20	8	11	1	55	59	17
Florida	22	6	11	5	55	82	17

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	22	19	0	3	70	41	41
St. Louis	21	11	8	2	60	61	24
Detroit	22	10	8	4	61	59	24
Nashville	22	9	8	5	46	54	23
Columbus	22	6	12	4	49	66	16

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	20	11	5	4	59	54	26
Minnesota	20	10	8	2	45	49	22
Colorado	20	8	8	4	50	60	20
Edmonton	20	8	8	4	49	54	20
Calgary	19	7	8	4	53	66	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	3	2	71	55	32
San Jose	20	10	6	4	47	44	24
Dallas	22	11	9	2	61	63	24
Phoenix	21	10	8	3	62	59	23
Los Angeles	19	10	7	2	49	47	22

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Chicago 2 Detroit 1 (SO)
NY Islanders 3 Ottawa 2 (SO)
Columbus 2 Colorado 1 (OT)
Dallas 4 St. Louis 1
Carolina 3 Florida 2
NY Rangers 3 Buffalo 2 (SO)
Montreal 4 Boston 3
Edmonton at Minnesota
Vancouver at Calgary

Saturday's results
Philadelphia 2 Ottawa 1
Boston 3 Tampa Bay 2
Buffalo 4 New Jersey 3 (SO)
Washington 3 Winnipeg 0
Pittsburgh 7 Montreal 6 (OT)
Carolina 6 Florida 2
Phoenix 5 Anaheim 4 (SO)
Vancouver 5 Los Angeles 2
San Jose 2 Nashville 1

Monday's games — All Times Eastern
New Jersey at Toronto, 7 p.m.
Tampa Bay at Pittsburgh, 7:30 p.m.
Anaheim at Phoenix, 9 p.m.
Nashville at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Phg	10	24	34
Stamkos, TBL	15	17	32
Vanek, Buf	12	15	27
Kunitz, Phg	11	16	27
St. Louis, TBL	5	21	26
Tavares, NYI	13	12	25
Kane, Chi	10	15	25
Voracek, Phi	9	16	25
Zetterberg, Det	6	19	25
Staal, Car	12	12	24
Ribeiro, Wash	7	17	24
Moulson, NYI	10	13	23
Datsyuk, Det	8	14	22
Giroux, Phi	7	15	22
Getzlaf, Ana	7	15	22
Elias, NJ	5	17	22
Thornton, SJ	4	18	22
Neal, Phg	13	8	21
Kadri, Tor	8	13	21
D. Sedin, Van	8	13	21
Purcell, TBL	4	17	21
Ladd, Win	12	8	20
Koivu, Ana	7	13	20
H. Sedin, Van	3	17	20

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If someone provokes you today your instinct will be to hit back fast and hard, but it would be better if you control yourself. The planets indicate that revenge is unnecessary. Rivals and enemies will self-destruct soon enough.

♉ Taurus
April 21 - May 21
You know that appearances can be deceptive, so don't jump to conclusions today. With Venus, your ruler, at right angles to Jupiter you may get completely the wrong end of the stick, with less than enjoyable results.

♊ Gemini
May 22 - June 21
There are times when you must look out for Number One and this is one of them. If you allow yourself to be taken in by a sob story today you will surely regret it later.

♋ Cancer
June 22 - July 23
You may have bitten off more than you can chew but it's no big deal. As the Sun edges closer to the midheaven angle of your chart you need to be a bit more adventurous.

♌ Leo
July 24 - Aug. 23
Decide what is of most importance to you personally and focus all your energy on that one thing. Others may say you are being selfish, and maybe you are, but since when has that been a crime?

♍ Virgo
Aug. 24 - Sept. 23
Are you happy with the way your life is going? If not you must do something about it. A big wave of change is coming and if you are ready, you can ride it to success.

♎ Libra
Sept. 24 - Oct. 23
You may get quite upset today, especially if you see some sort of injustice taking place. But don't get too emotional because your job is to find a practical solution.

♏ Scorpio
Oct. 24 - Nov. 22
The planets warn you should be on your guard, especially when dealing with business and financial matters. If someone sees that you want something badly enough they will push up the price.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't change things when you don't have to. With Jupiter, your ruler, so active at the moment all you have to do is be yourself and keep doing what you already do so well. You're on the cusp of success already.

♑ Capricorn
Dec. 22 - Jan. 20
There are things going on behind the scenes that are going to affect you in a big way over the next few weeks. For that reason alone you must not commit yourself.

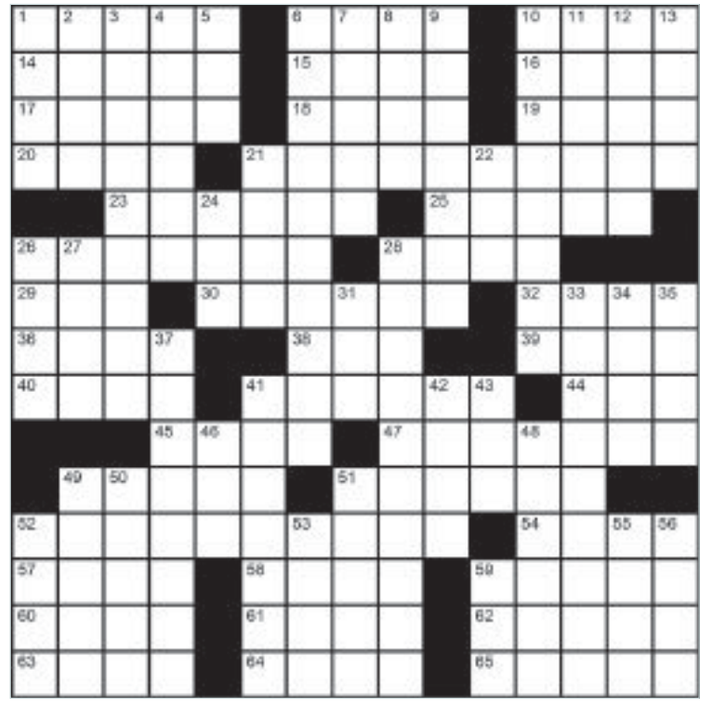
♒ Aquarius
Jan. 21 - Feb. 19
However anxious you may be about a certain situation there is no need to change what you are doing. Time is on your side and Lady Luck will sooner or later act in your favor.

♓ Pisces
Feb. 20 - March 20
Be careful when dealing with employers, authority figures and other important people over the next few days. You may want to impress them but what you don't want to do is come across as desperate.

SALLY BROMPTON

Crossword: Canada Across and Down

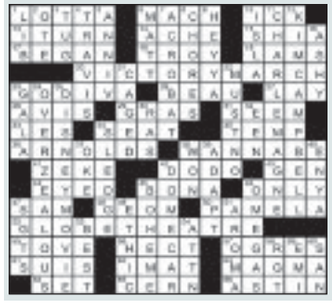
BY KELLY ANN BUCHANAN



Across
1. TD Canada __
6. 007, et al.
10. "Bud the __" (Song by #9-Down)
14. Weight unit
15. "Cast Away" (2000) transport
16. Ice cream __
17. Use the towel again
18. Farewell, in Rome
19. "__ boy!" (Well done)
20. 'Chick' suffix
21. Pre-Harper Prime Minister: 2 wds.
23. Quebec's Lachine __
25. Life sign
26. Take the train or bus
28. Abundant
29. Kimono sash
30. Located in Nunavut, it's Canada's largest island
32. Colourful plastic parts on binder separators
36. Negative replies in Montreal
38. Elles opposites
39. Missing-a-member quartet
40. Ooze
41. __ Social Scene
44. Make long grass short
45. Cosmetic cream content
47. Red Rose products: 2 wds.
49. Jeans fabric
51. Like many chips
52. Marvel products: 2 wds.
54. Some pol. party members
57. Mayberry kid of '60s TV
58. "If all __ fails..."
59. Ms. Roberts
60. Pell-__ (In haste)
61. "__ Window" (1954)
62. Luminous
63. Barack Obama's li'l title
64. Items on a landscaper's truck
65. Slammers in England

Down
1. When tripled, war movie of 1970!
2. Repented
3. Sabotage
4. Horror flick franchise
5. Scottish writer, Josephine __
6. "Rebellion (Lies)" band from Montreal: 2 wds.
7. __ Julius Caesar
8. Frying pan name, _-__
9. Canadian music legend, __' Tom Connors
10. Gone with the Wind protagonist
11. Paul who famously sang "Nessun Dorma"
12. Free from knots
13. Hollywood icon James
21. Pocket bread
22. Montreal musician, Melissa __ der Maur
24. "Coronation Street" hangout
26. Jailbirds
27. Double-reed woodwind
28. Adrenaline junkies: 2 wds.
31. Rapper, __ Rida
33. Plated burrowing mammal
34. Book genre, for short
35. Plants seeds
37. Cocker and Springer
41. Winnipeg Blue __
42. Tube-shaped fishies
43. Singer/pianist, __ King Cole
46. Driver's need, for short
48. Kind of whale
49. Steroids-using athlete
50. Actor Mr. Hirsch
51. "What a pity.": 2 wds.
52. Free pass, commonly
53. Margarine
55. Sci. class
56. Carpentry tools
59. Series Toronto-born actor David James Elliott starred on

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		6	9	8		2	
4								8
		1				5		
5	1		9		3		8	4
				2				
8	9		1		4		6	7
		3				8		
7								9
	4		7	8	1		5	

Friday's Sudoku

9	1	4	5	7	2	3	6	8
5	3	8	9	4	6	2	1	7
7	6	2	3	1	8	5	4	9
8	2	3	7	5	1	4	9	6
1	4	9	8	6	3	7	5	2
6	5	7	4	2	9	1	8	3
2	8	5	1	9	7	6	3	4
4	9	6	2	3	5	8	7	1
3	7	1	6	8	4	9	2	5

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -6° MIN: -9°	MAX: -8° MIN: -15°	MAX: -7° MIN: -8°

BT BREAKFAST TELEVISION

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